



Healthy Gators 2010 Student Survey

Frequently Asked Questions

1. What is the Healthy Gators 2010 Student Survey?

The Healthy Gators 2010 Student Survey is a comprehensive health survey created by the Data Collection and Analysis Work Group of the Healthy Gators 2010 Coalition. Over 2,500 students completed the survey in spring 2008.

2. What are the main health-related topics the survey focuses on?

The Healthy Gators 2010 Student Survey consists of 243 unique questions that provide insight into ten key health areas: 1) impediments to academic performance, 2) general health, 3) medical problems, 4) mental health, sleep and stress, 5) sexual health and contraception, 6) alcohol, tobacco and other drug use, 7) nutrition, weight and exercise, 8) sexual assault and violence, 9) vehicle safety and sunlight/UV exposure and 10) campus health services, resources and policies.

3. What was Healthy Gators 2010’s purpose behind creating the comprehensive survey?

Healthy Gators 2010 developed the survey to gather baseline data on the health status of University of Florida students. Findings will help health professionals and campus administrators identify priorities for future campus programs and services to more effectively meet the health needs of UF students.

4. How did Healthy Gators 2010 choose what health-related topics to focus on?

Health topics most relevant to college students were selected based on suggestions made by twenty-one health professionals from UF.

5. Was there more than one survey? What were the differences?

Questions were divided into two forms to shorten the survey to ensure a higher completion rate. The two forms of the survey shared only demographic and prescription drug questions. Topics for each form of the survey are as follows:

Form A Sections	Form B Sections
Demographic characteristics	Demographic characteristics
Campus health services, resources and policies	Nutrition, weight and exercise
Sexual health and contraception	Mental health, sleep and stress
Alcohol, tobacco and other drugs	Impediments to academic performance
Prescription drug abuse	Prescription drug abuse
Sexual assault and violence	
Medical problems	
Vehicle safety and sunlight/UV exposure	
General health	

6. How did Healthy Gators 2010 choose which students would complete the survey?

A total of 8,000 University of Florida students were randomly selected to participate. One-half received Form A and the other half received Form B. Students were selected based on the following criteria: 1) at least 18 years old, 2) enrolled as a full-time student and 3) taking at least one class on campus in Gainesville.

7. There is an abundant amount of information concluded from this survey. What is the main idea behind the survey that Healthy Gators 2010 would like the community to understand?

College students represent a diverse population with their own unique health issues. To effectively address the health concerns of UF students, we have to understand their needs. This comprehensive study enables us to identify health areas where UF students as a whole are doing well and also, areas for improvement. Given that college student health issues differ from the general population, a study of this nature allows us to better appreciate those differences.

8. How long did it take to create and administer the survey?

The Healthy Gators 2010 Data Collection and Analysis Work Group took approximately three years to carefully design and administer the survey.

9. Where can the community find the results of this comprehensive survey?

The results are accessible on the Healthy Gators 2010 website. Please visit HealthyGators.hhp.ufl.edu.

10. Where will Healthy Gators 2010 go from here with the results of the survey? What do they hope to accomplish after concluding the survey?

The coalition's goal was to collect baseline data on the health status of UF students and to widely distribute the findings to the UF community. We encourage the UF community to use the findings to guide programmatic decisions on behalf of UF students. We also intend to administer the survey again in spring 2010 and compare those results to the spring 2008 findings.

11. Were there any specific health-related topics with noteworthy results?

- Smoking – The study provides good news showing that UF students smoke cigarettes at the lowest rate ever. Only 8.6% of students smoked within the last 30 days. Of those who smoke, over half express a desire to quit, and fortunately, the Student Health Care Center offers free and discounted quit smoking medications to help.
- Helmets – Students can substantially reduce their risk of injury with consistent helmet use. Currently, only 14.1% of UF students report helmet use when riding a bicycle and only 28% use them on mopeds, scooters or motorcycles.
- Cell Phones and Driving – Distracted driving significantly increases the potential for accidents. 95.2% of UF students talked on a cell phone without the use of a hands-free device, and 74.4% sent texts while driving a car within the past 12 months. Furthermore, one out of four students who drove a moped, scooter or motorcycle read or sent texts while driving.

12. Based on these findings, what key areas does our campus need to prioritize to create a healthier environment for everyone?

The report contains so much worthwhile data that it is difficult to identify only a few priorities. The Healthy Gators 2010 Coalition's encourages faculty, staff and students who offer health programs and services to UF students to critically review the report and use the results to set priorities to more effectively meet the health needs of UF students.

13. What is Healthy Gators 2010?

Healthy Gators 2010 is a coalition of students, faculty and staff from over 40 UF colleges, departments and organizations who are working together to promote a healthier campus. The coalition is dedicated to promoting a campus environment supportive of the development and maintenance of a healthy body, mind and spirit for all members of the University of Florida community.

14. Who can I contact if I have questions regarding the survey results?

For more information about the survey, please contact Dr. Shirley Haberman, chair of the Healthy Gators 2010 Data Collection and Analysis Work Group, at shirleyh@ufl.edu or 392-1161 ext. 4281.